JSS Academy of Higher Education & Research,
(Deemed-to-be-University), Accredited 'A+' Grade by NAAC
Mysuru, Karnataka (IND)

National Webinar on

Cyber Security: Securing Our Virtual World

30th March 2023 | **3.00-5.30 pm**

Organized by
Department of Nutrition & Dietetics
In collaboration with
Division of Geoinformatics
School of Life Sciences, Mysuru
JSS AHER, Mysuru
&
FOSAI-Forensics

Free Registration

Click Here To Register

Last Date: Infograph submission 29th March 2023

Winner: Cash Prize, e-Certificates
Participants: e-Certificates

With the Divine blessings of His Holiness

Jagadguru Sri Shivarathri Deshikendra Mahaswamiji

Inauguration

Date: 30th March 2023   **Time: 3.00 – 3.15 pm**

Session 1
3.15 – 3.55 pm

Dr Ravindra R
Chief Information Officer
JSS AHER, Mysuru
Topic: Understanding the Cyber Security

Session 2
3.55 – 4.35 pm

Mr Madhusudan
Forensic Expert
Director & Founder, Fo-Sai Forensics
Topic: Awareness on Cyber Crime in Social Media

Session 3
4.35 – 5.15 pm

Mr Mayank Sinha
Assistant Manager, Information Technology
Bank Note Paper Mill India Pvt. Ltd.
(A Subsidiary of RBI), Mysuru
Topic: Cyber Security in Digital Age

Act: *'Nirbhaya: The Third Eye'*
Featured by UG Students, Dept. of Nutrition & Dietetics, JSS AHER
5.15 – 5.20 pm

Announcement of Prize Winners & Valedictory
5.20 – 5.30 pm

'Infographic' Competition - Instructions

Click Here for 'Infographic Competition' Registration

How to Plan Your **Infographic Design**

9 Steps

1. Pinpoint the target audience
2. Define the goals and objectives
3. Choose a relevant topic
4. Collect data and information
5. Fact-check everything and cite your sources
6. Decide how to visualize the data
7. Set the tone for your infographic
8. Write the copy and create a textual outline
9. Sketch a wireframe of your infographic

National level competition, open to all the institutes / organizations to participate.

Topic: "Cyber Security for Digital India"

Open to – UG/PG/PGD students, Research Scholars, HCP's.

Adhere to the topic content and guidelines mentioned.

Size should be 8.5 X 11 inches in PowerPoint. Maximum 2 slides.

Participants: 1 - 3 numbers per team

Make sure for good quality & clear images.

Last date for submission of Infographics is 29th March 2023.

Submission format – PDF, PNG or JPEG

Submit infograph as E-mail to: ndfls@jssuni.edu.in on or before 29.03.2023

Cash Prize for Winners & e-Certificates for all teams

About Webinar: India is emerging as the 'Digital India', we are witnessing a rapid phase of growth in the technological sector which has enabled a virtual world for education, learning, entertainment and digital connectivity. The user-friendly internet, smart phones, social media and digital mode of education system has vast potential and benefits for everybody. Excessive use of the Internet maybe harmful as it may lead to cyber risks and cyber threats especially for children and students. This event is aimed at collaborative action to give knowledge and demonstration on cyber security, privacy protection on social media platform, alert about the potential cyber threats.

Patrons

Dr B Suresh
Pro Chancellor

Dr Surinder Singh
Vice Chancellor

Dr B Manjunatha
Registrar

Convener

Dr Raveesha K A
Head, SLS, Mysuru

Organizing Chair

Dr Vanitha Reddy P
Coordinator, DND

Organizing Secretary

Dr Sudha Sairam
Asst. Professor
Dept. of Nutrition & Dietetics

Dr Sawant Sushant
Asst. Professor
Div. of Geoinformatics

Courses Offered by the Department of Nutrition & Dietetics, JSS AHER

Bachelor of Science (B.Sc. & B.Sc. Honors) Food, Nutrition & Dietetics

Master of Science (M.Sc) Nutrition & Dietetics

Master of Science (M.Sc) Sports Nutrition & Management

PG Diploma (PGD) in Nutraceutical Technology

Doctor of Philosophy (PhD) Life Sciences (Nutrition & Dietetics)

Email: ndfls@jssuni.edu.in
Click here to know more about
Dept. of Nutrition & Dietetics, JSS AHER, M G Road, Mysore

VOICE OF THE READER

Prioritise re-asphalting works of roads impartially

Sir,

Apropos to the recent news item in SOM about the mismanagement of asphalting D.D. Urs Road, I also would like to bring to the notice of everyone that it is not the first time such things are happening in our city.

Perfectly fine or only slightly damaged roads are fully getting repaired instead of the other roads that are in a pathetic state.

I have seen innumerable such roads getting asphalted without any logic or necessity for reasons best known to MCC, the elected reps and the contractors.

Another example of this which a reader had written a few days ago is the Jawa factory (Sankalp) main road which only had minor potholes that could have been easily repaired without having to redo the tar

completely. There are worst roads that are lying neglected or maybe invisible since almost 2 years to the eyes of our elected representatives. Such roads need immediate attention and repair rather than perfectly fine roads or those with some minor patches.

In areas like N.R. Mohalla, Gandhinagar, Bannimantap and Udayagiri, such roads are aplenty and used by hundreds of commuters everyday. This shows either partiality in allotment of funds or the lacklustre attitude of our elected representatives to secure proper funds and get the works done. Will the concerned people now wake up?

—Dr. Suhail Azam Khan
N.R. Mohalla
11.4.2023

Menace of dogs in parks

Sir,

With reference to the letter published in this column on Apr. 13, I fully support and agree with P.L Jothindra that dogs should not be allowed in public places and parks.

Festival offer

It is very common that dog owners bring their pets inside the parks and roads to defecate. Most of the dog owners want to keep their residence and surroundings clean but let their dogs to urinate and defecate in front of neighbours house and parks.

I request the Mysuru City Corporation (MCC) Commissioner and Zonal Commissioners to install boards in public parks and not allow dogs inside parks so that elderly people can walk peacefully in their neighbourhood and parks.

—K.A. Chengappa
Dattagalli
14.4.2023

Foolproof measures can make virtual world safe

Mysuru, Apr. 16 (BCT)- The Department of Nutrition and Dietetics, JSS Academy of Higher Education and Research (JSS AHER), Division of Geoinformatics and Fo-Sai Forensics recently organised a national webinar on 'Cyber Security: Securing Our Virtual World.'

India has emerged as 'Digital India' and we are witnessing a rapid phase of growth in the technological sector. This has enabled a virtual world for education, learning, entertainment and digital connectivity. User-friendly internet, smartphones, social media and digital mode of the education system has vast potential and benefits.

However, excessive use of the internet may be harmful as it may lead to cyber risks and cyber threats, especially for children and students. This event was aimed at collaborative action to give knowledge and demonstration on cyber security.

The webinar was inaugurated by Dr. B. Manjunatha, Registrar, JSS AHER. In his keynote address, he mentioned that cyber security has been made a compulsory course for all undergraduate students under the National Education Policy-2020. This step will help build a strong foundation for students to understand the basics of cyber security, follow the best practices and protect their digital assets.

The first session of the event was delivered by Dr. R. Ravindra, CIO, JSS AHER, on the topic 'Understanding Cyber Security' and he spoke about cyber security, cyber threats and how to protect networks, devices and

data from attacks, damage or unauthorised access. He briefed on phishing scams, website spoofing, hacking and how to get secure against these threats.

The second session was by Madhusudan, Forensic Expert and Founder-Director, Fo-Sai Forensics, on 'Awareness of Cyber Crime in Social Media'. He explained different types of cyber crimes and demonstrated the cyber security measures to be taken, including social media privacy settings, restricting personal information, user control on who can tag or comment, blocking or preventing unwanted contact or interactions and reviewing app permissions. He emphasised the best practices for social media users and reporting cyber crime to law enforcement agencies.

The third session was on 'Cyber Security in Digital Age' by Mayank Sinha, Assistant Manager, Information Technology, Bank Note Paper Mill India Pvt. Ltd, Mysuru. His talk focused on the types of cyber attacks like mal-

ware attacks, password attacks, ransomware, the malicious links in emails, instant messages and social sites. He also gave information about digital fraud.

In the theme-based infographic competition on the topic 'Cyber Security for Digital India,' S. Shraddha, Research Scholar, Department of Food Science and Nutrition, University of Mysore, secured the first prize while the second prize was bagged by Shiva Kumar and Kiran, UG students, Department of Nutrition and Dietetics, JSS AHER.

Short film 'Nirbhaya: The Third Eye' filmed by UG students was featured to create awareness about cyber security.

Dr. K.A. Raveesha, Head, School of Life Sciences, JSS AHER, Dr. P. Vanitha Reddy, Coordinator, Dept. of Nutrition & Dietetics, Dr. Sudha Sairam, Assistant Professor, Dept. of Nutrition and Dietetics and Dr. Sawant Sushant, Asst. Professor, Division of Geoinformatics, JSS AHER, were part of the webinar Organising Committee.

National Webinar on 'Cyber Security: Securing Our Virtual World', 30th March 2023

With the Divine blessings of His Holiness **Jagadguru Sri Shivarathri Deshikendra Mahaswamiji,** Department of Nutrition & Dietetics, in collaboration with Division of Geoinfromatics and FOSAI-Forensics had organized National webinar & Infographic Competition on the theme *'Cyber Security: Securing Our Virtual World'* on 30th March 2023. India has emerged as the 'Digital India', and we are witnessing a rapid phase of growth in the

technological sector. This has enabled a virtual world for education, learning, entertainment and digital connectivity reaching upto grass root levels. The user-friendly internet, smart phones, social media and digital mode of education system has vast potential and benefits for everybody. Excessive use of the Internet maybe harmful as it may lead to cyber risks and cyber threats especially for children and students. This event was aimed at collaborative action to give knowledge and demonstration on cyber security, privacy protection on social media platform, safe net banking and alert about the potential cyber threats.

The webinar was inaugurated by **Dr Manjunatha B**, Registrar, JSS AHER. In his Keynote address, he mentioned about the numerous benefits of digital transformation that has led to increased convenience, access to information, and enhanced communication. He also pointed that it is essential to educate users and communities about cyber threats and its preventive steps. He mentioned that Cyber Security has been made a compulsory course for all undergraduate students under the National Education Policy 2020. This step will help in building a strong foundation for students to understand the basics of cyber security, follow best practices and protect their digital assets. The first session of the event was delivered by **Dr Ravindra R**, CIO, JSS AHER on the topic '*Understanding the Cyber Security*'. He gave introduction about the cyber security, cyber threats, how to protect networks, devices, programs, data from attacks, damage or unauthorized access. He briefed on the phishing scams, website spoofing, hacking and how to get secured against these cyber threats. The second session was from **Mr Madhusudan,** Forensic Expert & Founder-Director, Fo-Sai Forensics on the topic '*Awareness on Cyber Crime in Social Media*', he focused mainly on the importance of cyber security education and awareness in Social Media. He explained about different types of cybercrime. He also demonstrated on the cyber security measures to be taken, about social media privacy settings such as Adjusting visibility settings, Restricting access to personal information, User control on who can tag or comment, Blocking or prevent unwanted contact or interactions and Reviewing app permissions. His talk emphasized on best practices for social media users and Reporting on cybercrime to the authorities namely Cyber Crime Investigation Cell, Indian Computer Emergency Response Team (CERT-In), National Cyber Crime Reporting Portal and on Social media platforms.

Third session was on topic '*Cyber Security in Digital Age*' by **Mr Mayank Sinha**, Assistant Manager, Information Technology, Bank Note Paper Mill India Pvt. Ltd, Mysuru. His talk focused on the types of cyber attacks like Malware Attack, Password Attacks, Ransomware, Malicious link in email message, instant message, social sites. He also gave information about digital frauds mainly on Digital payment frauds, Social media fraud, ATM cloning, Internet Banking fraud, Phishing & Vishing (Tech support scam). He also provided the Cyber security Tips such as Password Management, Multi-Factor Authentication, Data backup, Restrict / avoid using Public Wi-Fi / Free Internet & unknown devices, Avoid pop-ups, unknown emails & links, Report Security violations & incidents.

In the theme based infographic competition on topic '*Cyber Security for Digital India*', **Ms Shraddha S**, Research Scholar, DOS Food Science & Nutrition, University of Mysore secured the first prize, the second price was bagged by **Mr Shiva Kumar & Mr Kiran**, UG students, Department of Nutrition & Dietetics, JSS AHER, Mysuru. A theme based short film **'Nirbhaya: The Thid Eye'** filmed by UG students was featured to create awareness on cyber security. The organizing committee included **Dr Raveesha K A**, Head-SLS as Convenor, **Dr Vanitha Reddy P** Coordinator, Department of Nutrition & Dietetics as Organizing Chair, Organizing Secretary were **Dr Sudha Sairam**, Assistant Professor, Department of Nutrition & Dietetics and **Dr Sawant Sushant**, Assistant Professor, Division of Geoinformatics, JSS AHER Mysuru.

Infograph Competition – I Prize

CYBER SECURITY
Stay Safe In The Digital World!

Cyber Security protects our cyber space from attack, unwanted access, damage, misuse & economic espionage

- Network
- Application
- Information
- Operational
- End-user Education
- Disaster Recovery & Business Continuity

Cyber Security Threats are performed by individuals/ groups with harmful intent

Cybercrime for financial gains or to cause disruption

Cyber-attack often acquire political information.

Cyberterrorism disrupts electronic systems to frighten people.

Types of Cyber Attacks
- Malware
- Ransomware
- Man in the Middle attack
- Phishing
- Zero-day exploit
- SQL injection
- DNS Tunneling
- DoS and DDoS attack
- Social engineering
- XSS attacks
- Cryptojacking

Cyber Security Victims
- Business
- Healthcare/ Medical
- Banking/ Credit/ Financial
- Government/ Military
- Education
- Energy/ Utilities

ANYONE?

India & Cyber Attack- Recent Data
- 7th most cyber-breached country in the world
- Delhi AIIMS- Nov 2022- ransomware- medical personal data
- Air India- Feb 2022- 4.5M customer data
- 2020- 82% Indian companies- ransomware
- 2021- Juspay- payment company- 35M customers
- 2017- WannaCry ransomware- top 5 cities- Kolkata, Delhi, Bhubaneshwar, Pune, Mumbai
- Last 6 months, an organization experienced 1,787 cyber attacks every week, compared to 983 globally. (The Wire, 27 March, 2023)

CYBER SECURITY
Stay Safe In The Digital World!

Indian government initiatives related to cyber security

- Indian Cyber Crime Coordination Centre (I4C)
- Indian Computer Emergency Response Team (CERT-In)
- Cyber Surakshit Bharat
- Cyber Swachhta Kendra
- National Cyber Security Coordination Centre (NCCC)
- National Cyber security policy 2013

Cyber Security Tips

- Use Firewall & Anti-virus protection
- Keep softwares up to date
- Use strong passwords & 2-factor authentication
- Keep your information & password private
- Shop safely in trusted website
- Beware of data phishing
- Use only verified & trusted browser for online & mobile banking payments
- Never share/ allow anybody to store passwords/ MPIN/ card information
- Use only trusted networks
- Use Bluetooth on hidden mode
- Check bank statements regularly
- Avoid using common password for all wallets
- Backup your data regularly
- Check email before opening
- Be cautious on social media
- Think before you click

Ms Shraddha S., UGC-SRF, DOS in Food Science & Nutrition, University of Mysore

Cyber Security for Digital India

DO

Create unique, complex passwords that include a Dozen letters, numbers, and symbols.

Pay attention to phishing traps in email and watch for telltale signs of a scam. DON'T open mail or attachments from an untrusted source.

Remember that wireless is inherently insecure. Avoid using public Wi-Fi hotspots.

Remember that wireless is inherently insecure. Avoid using public Wi-Fi hotspots.

Report all suspicious activity and cyber incidents to ISO/designated security representatives.

DONT'S

Leaving sensitive information lying around.

Posting any private or sensitive information (credit card numbers, passwords or other private information etc...)

Clicking on links from an unknown or untrusted source. Cyber attackers often use them to trick you.

DON'T respond to phone calls or emails requesting confidential data.

DON'T install unauthorized programs on your Device.

GOLDEN RULES TO FOLLOW ONLINE

DO NOT GIVE OUT PERSONAL INFORMATION.

USE ANTIVIRUS SOFTWARE FOR YOUR DEVICES

USE AND ENTER ONLY SECURE WEBSITES

BE ALERT WHILE USING PUBLIC WIFI HOTSPOTS

&#@% !!!

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"Privacy is not luxury, it's a Necessity"

SHIVA KUMAR P & KIRAN M, JSS AHER, Mysuru

National Cyber Crime Helpline Number